

MEN'S GROUPS

MICHAEL ZAK

When: **Tuesdays, 6:00am**

Contact: **832.741.8117**

Email: **jmichaelzak@gmail.com**

MARK ELKINS

When: **Wednesdays, 7:00am**

Where: **Bagel Cafe**

Contact: **832.347.3130**

Email: **mark@efam.cc**

IAN VEARY

When: **Wednesdays, 7:00pm**

Contact: **563.340.4747**

Email: **drcoachiv@gmail.com**

ROB SCHWEITZER

When: **Fridays, 7:00am**

Where: **Toasted Yolk (I-10 and 99)**

Contact: **281.814.1024**

Email: **robs@sbcglobal.net**

BRIAN NESSEN

When: **Every other Friday, 7:00am**

Where: **Cracker Barrel**

Contact: **713.705.1512**

Email: **nessenb@gmail.com**

BRIAN FREER

When: **Saturdays, 10:30am**

Contact: **281.579.6641**

Email: **brian.freer@sbcglobal.net**

